GOOD 321 MAKE YOUR MINI

The Daily Paper of the Submarine Branch

With the co-operation of Office of Admiral (Submarines)



Love from Madge and Trixie

TRIXIE was the first to spot us as we approached your home at 34, Woodhead-road, Bradford, A. B. Thomas Helliwell, and she gave us a noisy but affectionate welcome.

We found Madge, your wife about to go out shopping, but she soon forgot that when we started talking about you. She is fit and well, Tom. Incidentally, she's feeling jublant because she has dared to do something you said she hadn't the nerve for. She said you would know what that meant, but in case you don't, and liking it.

Sally's husband is overseas, and that small snap of you on and liking it.

Sally's husband is overseas, and that small snap of you on the radio. Trixie behaved well your mother and dad, James for the "Good-Morning" photographer, especially when we we'll give you a clue—eating to spend their holidays in has been rather difficult lately.

Don't be surprised if you find several small replicas of Trixie running about when next you

Worry is like a cloud of raiding aircraft. Analysis is the ack-ack that dissipates it.

Here's the way to analyse your troubles, the right way to weed your thoughts and keep the mind tidy and free for the enjoyment that squeezes its way into every day, no matter how arduous.

Have you ever discovered, for instance, that worry is energy running to seed? Simply that? Worry is untrained thought running around in a circle—and it's surprising how many people take their thinking for granted, and never discover for themselves how to STEER their thoughts.

When you're worrying, it's just like burning crops while people are starving. The energy you could have used in tackling a problem is being burnt up by useless wondering and perplexity.

perplexity.

when someone tells me he's bitten by the worry bug, I nearly always discover it's because he hasn't learned to use the steering wheel of his mind. Perhaps he hasn't acquired skill in dealing with situations or learned to separate the practical from the impractical.

Just think for a moment! Take a pencil and paper and make a list of the things you ever find yourself worrying about, whether it's the folks at home, money, or leave difficulties. Whatever your worry, write it down.

Now look at your list closely. You will find your worries are of two kinds—the worries about things you cannot control and worry about things you can control or alter.

You have now taken the about things you cannot confirst step in analysis.
You cannot control the dangers of war. You can control, by taking deliberate constructive thought or seeking advice of others, a worry about money matters.
Clearly, it is useless to worry

The little of the price of a husband-and-wife relationship in war-time, and now it has lost its burden.
You can analyse all your

You can analyse all your problems in this fashion either into their proper setting or else into constructive action. Worry is killed by analysing the most suitable course of action and following it fear-

lessly.

Don't be afraid of taking decisions. Don't forget that when you postpone a decision YOU REALLY MAKE ONE. Putting off writing a letter to a new girl friend, for instance, is actually a decision not to correspond for the time being. Postponing a trip to a dentist is merely a decision to let your teeth get worse.

Analysing one's mind, and making it up, is the greatest terms, too, by talking over your problems with other people. Make up your mind—and avoid negative decisions. You may make mistakes, but you have plenty of time and determination within you to correct them and try again. We can all weed our worry-thoughts.

Home Town Shorts

COMEONE PINCHED OATH. meeting of Weymouth Rate:

Noted Industrial Psychologist Dr. William Laing, to-day talks about the Art of Analysis and how it works

worry. You can be sure that them with a series of straight General Montgomery himself lines without lifting the penhad to win a victory over worry before he won any victories in the field. He had to do it in five lines, but can you to analyse his problems by regimenting them and looking at them. Then he made up his mind.

wind.

Weeding out worry is tantamount to keeping your brain free and tidy. It means that your troubles—even the worst can be analysed out of exis-

your troubles—even the worst can be analysed out of existence.
You soon learn to recognise worry. Say to yourself, "Here is a worry! What is it about? Can I do anything about it? If I can't, there's no sense in worrying. If I can do something, let me work out what it shall be."

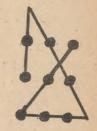
But this is where a red light flashes. A friend of mine, Professor Fernberger, of Pennsylvania University, recently carried out some observation tests on his students in the act of thinking. A very simple demonstration of his shows how habit and preconceived ideas restrict purposeful analysis and constructive thought.

Let me give you something to worry about, for instance, in these nine dots arranged in the form of a square:—



The difficulties demonstrate how ironbound is the average person's thinking. When you find yourself confronted with a problem that refuses mastery by ordinary analysis, you need to shake yourself loose—and tackle the matter from an entirely new viewpoint.

One solution to the dot prob-m, for instance, is this:—



Now your mind has been shaken into a new solution pattern you will think of others. You can jolt yourself into new thought patterns, too, by talking over your problems with other people. Make up your mind—and avoid negative decisions. You may make mistakes, but you have plenty of time and determination within you to correct them and try again. We can all weed our worry-thoughts.

"won" Marathon—pie-eyed W. H. Millier)

able to discover.

In order to make sure, I have just been wading through the running records for the past fifty years, and cannot find one Italian name to bolster the myth.

It may have been due to the undue publicity given to Pietro Dorando in 1908. In those days the Italian restaurant workers of Soho had an athletic club presided over by one of the restaurant proprietors, who, a few years ago, was given his exit visa from this country following a clean-up of London's West End.

The star of the Italian waiters was Dorando, who, although not particularly fast, was a wiry little runner who could seemingly stay for ever.

Dorando entered for the local in the Stadium heralded the approach of the leading Marathon runner excitement inside the Stadium ran high. The atmosphere was tense was tense and immunitive figure in shorts and singlet that two possible to pass round that running ture in shorts and singlet that word in just those few more yards to the finishing tape?

Even the hardened officials, accustomed as they were to men breasting the tape all out finish in an inert heap a few yards from the tape he assisted the helpless runner to his feet and to the finish. The cheering and joyous pandemonium that broke out an paper of the past fifty years, and anumber actually wept.

Would he succeed? What a diminutive figure in shorts and singlet that two possible to pass round that running tree in shorts and singlet that two wonderful spirit made him tree in shorts and singlet that two two deals in the top of their voices, and a number actually wept.

Would he succeed? What a diminutive figure in shorts and singlet that two pass round that running two to the finish were shrunk to the body as if wonderful spirit made him tree in shorts and singlet that two pass round that running treck? What a here! What were shrunk to the body as if the owner had just been when the stadium and their club pass round that running treck? What a here! What were shrunk to the body as if twere shrunk to the body as if the owner had just been In order to make sure, I have just been wading intrough the running reproach of the leading through the running reproach of the past fifty years, and cannot find one Italian and the proposed of the past fifty years, and cannot find one Italian and the propose white City was control to the propose white City was control to Dorando entered for the waters as Dorando on 1908. The sar of the Italian waters was Dorando entered for the Marathon race in the Olympic Games of 1908. These games were held at Shepherd's Bush Earlies of Dorando entered for the Marathon race in the Olympic Games of 1908. These games were held at Shepherd's Bush Earlies of Shepherd's Bush Bartish Exhibition, for which purpose White City was originally built.

The Marathon race was over the deferminent of the purpose White City was originally built.

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The Marathon race was over the distinct of the was a distance of 25 miles 385 yards, still have won the race. Surface for the white the white the thought of any places it may be imagined how thing at the time. He just the white the care white the control of the purpose White City was originally built.

The Marathon race was over the distinct of the was one of the purpose White City was originally built.

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The Marathon race was over the distinct of the was one of the purpose whi

EVERY so often one can hear readily their sympathies went the remark, and read it in out to the well-nigh exhausted ground than necessary by roll-remarks. It is a contingent to that matter, that the runners who had sped along ing from side to side of the the dusty roads for twenty-six track.

Many of the crowd were additious. Some held their sympathies went floundered on, covering more ground than necessary by roll-remarks and sped along ing from side to side of the the dusty roads for twenty-six track.

Many of the crowd were additious. Some held their sympathies went floundered on, covering more ground than necessary by roll-remarks and sped along ing from side to side of the the dusty roads for twenty-six track.

Many of the crowd were some held their stadium ran high. The atmosphere was tense agonising moments! Had ever when, through the opened an athlete taken such an age gates, rolled a diminutive figure in shorts and singlet that track? What a hero! What were shrunk to the body as if the owner had just been track? What a hero! What is track? What a hero! What is a specific to pass round that running track? What a hero! What were shrunk to the body as if the owner had just been track.

It was borando.

The litalian restaurant workers of Soho had an athletic club presided over by one of the leading the track.

Many of the crowd delirious. Some held their stadium ran high.

Would he succeed? What the top of their voices, and a number actually wept.

When the shouts outside the track.

Many of the crowd delirious. Some held their specifies to a number actually wept.

When the shouts outside the delirious. Some held their approach of the leading the top of their voices, and a number actually wept.

When the shouts outside the stadium ran high.

The atmosphere was tense agonising moments! Had ever an athlete taken such an age and the top of their voices, and a number actually wept.

When the shouts outside the track.

What the top of their voices, and a number actually wept.

When the shouts outside the track.

troversy, but the officials appeared.

The newspapers made the Dorando disqualification the splash story of the day. Sobstuff writers took a few extrapinches of snuff, churned out columns on the glory that was Rome, and quoted divers poets to round off the dramatic effect.

of the Oath, which had disappeared.

They had to go on without it. Mr. F. Morton Smith, the magistrates' clerk, raised a stolen the oath. Larceny in the court itself..."

GEORGE III MUST GO.

WEYMOUTH ratepayers are annoyed. The object of

columns on the glory that was Rome, and quoted divers poets to round off the dramatic effect.

The poet they did not quote was old Omar Khayyam. This Persian poet-philosopher, with his 800-year-old free advertisement for the booze barons, would have supplied the key to the story.

All the three-bottle boys

SOMEONE PINCHED OATH.

WHEN a Sunderland Police
Court was in session recently the proceedings were
held up while police constables
searched for the framed copy
of the Oath, which had dis-

meeting of Weymouth Ratepayers' Association, Captain
A. E. Desmond suggested that
soldiers should be invited to
use their pickaxes on "this
offensive statue," or else put
a charge of dynamite under
it and blow it to smithereens.
His resolution unging the
Town Council to remove the
statue at the earliest opportunity was carried without a
single dissentient.
Footnote.—The statue was

Footnote. — The statue was erected by "the grateful inhabitants" of Weymouth!

ZIP-FASTENED?

THESE modern children are growing up without knowledge!

ledge!

A sailor came home to
Truro not long ago and presented an aunt of his with a
small bunch of bananas.

She gave her six-year-old son
one for breakfast. The small
boy let it lie on his plate,
showing no eagerness to tackle
it.

When asked what he was waiting for, this poor little chap said, "My knife and fork."

Your letters are welcome! Write to "Good Morning" c/o Press Division,

> Admiralty, London, S.W.1

CLUES ACROSS

pronoun,
10 Fancy,
11 Bring back,
13 Conducts,
14 Coal,
16 Over.,
17 Lament,
20 Roar,
22 Net,
24 Labels,
27 Utter rout,
29 Had,
32 Change,
33 Going back,
34 Mineral,
35 Famous
dramatist,
36 Attention.

langer in the Malay

PART VIII

'ITCHENS sighted the MR. 'ITCHENS signted the deputation issue from the foc'sle and bolted into his galley like a homing rabbit, where he dropped the skylight and secured the doors. With the mechanical dexterity of one who had done such things before, he lifted the lid off a pan of boiling water and placed a long-handled dipper within easy reach. Having completed these mediaeval preparations, the hose to bear?" Suggested the bunk above him in the process. The whole foc'sle shook to the deafening rattle of the watering rattle of the control of the series of the se long handred easy reach. Having completed these mediaeval preparations, he took up the cleaver in one hand and a poker in the other, and cautiously pushed open the upper half of the door.

hand and a poker in the other, and cautiously pushed open the upper half of the door.

The men had ranged themselves in a semicircle outside, under the direction of Hairy Butler, who had constituted himself Master of Ceremonies They looked as if they meant business, and the cook drew back as he noted the strategic position of the pan of cold stew in the Irishman's hand.

"Me colleague the Professor has a word to say to ye," said Butler in austere and formal tones. The cook said nothing.

"Was this the stuff you gave the Queer Fella to take forard?" demanded the Professor gravely.

"Yes."

"And what is it?"

And what is it?"

"Stoo."
"What sort of stew?"
"Hirish stoo."
"Ye're a dirty liar," roared
Hairy Butler. "I ate better
stew in the Russian calaboose in Vladivostok, and me
on low diet at the time.
Ye're neither use nor ornament, ye rat-faced grubspoiler, ye beady-eyed spudbarber, ye galley - boy's
ghost."

barber, ye galley - boy's ghost."

"And I'll tell youse what youse is, the whole bleedin' lot of youse," screeched the cook, firing up in his turn. "Yer a pack of bleedin' belly-worshippers, yer Scribes and self-righteous Pharasites, grinding the fices of yer fellow-workers." His protruberant eyes gleamed behind his spectacles, and the hand holding the cleaver quivered with rage.

"Not content wiv slaving beneath the yoke of the capitalist and living for ard in feasting and purple kinen, youse must go for to turn on yer comrade as produces food, instead of spinning a wheel at the horder of a bloated oligarchy, must youse? Youse can't intimidate me, I—" He broke off abruptly as he caught sight of Butler raising the pan stealthily, and retreated to the rear of his fortalice.

Words-No. 273

1. PAraffIN.
2. BEETHOVEN.
3. JACK, PACK, PACE,
PATE, PATS. POTS.
HEAT, HEAB, SEAL, SELL,
DELL, DOLL, POLL, POOL,

COOL.
COMB, COME, HOME,
HOLE, HALE, HAVE, HIVE.
COME, CONE, CANE, CANT,
CENT, SENT, SEAT, SLAT,
SLAY, SWAY, AWAY.

The Sea-green Grocer

But Mr. Itchens was not destined to suffer ordeal by water after all, thanks to a diversion caused by the engine-room cassub, the Malay whose presence aboard had so much exasperated Captain Hughes. Carrying a bucket, he pushed his way rudely through the group of sailors to the fresh-water pump, against which Calvert was leaning. Only the foc'sle esprit de corps had induced the silent sailor to give his moral support to this undignified slanging match; and it was with very bad grace he made way for the Malay.

"Khabardar, white man," said the cassub roughly, elbowing him aside. "Get out of my ways."

An instant later he was flues headlang over the trim.

nm aside. "Get out of my ways."

An instant later he was flung headlong over the trimming hatch, his empty bucket clattering into the scuppers. Snatching a short iron batten from the cleats, the Malay scrambled to his feet and sidled wickedly towards his white-faced assailant. "I Ingleseman, same belong you," he babbled. "I coming Cardiff, you no beat me all the same coolie man. I savvy you plenty, bye an' bye you go gaol khana. I see you Calcutta side, you no see me, 'Orchomenus' chota tindal. You name no Calvel, you name." wangling for ard in ye you not see must ye commade as produces food, instead of spirming a wheel at the horder of a bloaded of spirming a bloaded of spirming a wheel at the horder of the spirit of horder of horder of the spir

WE'LL CATCH HIM WITH THE BLACK MARKET

GOODS ON HIM FRITZ!

but unfortunately

for her plans.

him," said Hairy Butler ruefully, putting down the stew.
"What'll we do now, shipmates?"

"Suppose we was to bring
the hose to bear?" suggested
Old Dick, his wrinkled face
lighting up. "That would make
the budmash jump."

"True for ye, Methusalem," said the Irishman admiringly, "and to think I've
been saying all this time yer
head's thicker than nine
planks. D'ye hear that, me
bold Lobscouse, we're going
to baptize ye into the proletariat wid all due ceremony,
no tedjious delay or unnecessary expense."

But Mr. 'Itchens was not destined the suffer ordeal by water followed was worse, that deathlike silence which comes after
weeks of unnoticed thumping
from the engines. Without
waiting to put on his shoes,
Pybus rushed out on deck.

He was somewhat reassured
by the sight of two men by the
break of the foredeck putting
the pilot ladder lover the side,
and hurried up to them
eagerly.

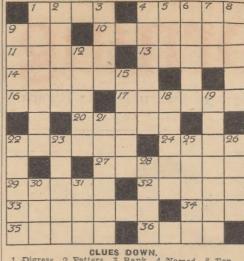
"What's lithe matter?" he

."What's the matter?" he demanded.



"They've seen us already," cried Pybus, as a shower of rockets shot into the sky. "Look, they're signalling." "They're holding a fiesta, that's all," said the Professor. "The pilot will probably be too busy letting off squibs and twanging mandolines to bother with the 'Antipas' to-night, even if he's sober enough to see us. Go down on the well-deck and watch old Whale-belly letting off blue lights. The man has a passion for them; I suppose they remind him of his limelit barnstorming days."

CROSSWORD CORNER



1 Digress. 2 Fetters, 3 Rank, 4 Named, 5 Eon.
6 Musical instrument, 7 Finish, 8 Fir exudation,
9 Plant fibre, 12 Coasting vessel, 15 Revile, 18
Aluminium, 19 Fishermen, 21 Blush, 22 Australasion native, 23 Laze, 25 Member of cast, 26
Dried up. 28 Establish, 30 Connective tissue,
31 Before,

SOPS BRAVED
PLATEAU AXE
EDNA TEDIUM
C AYAH ONLY
ISM LEAN TENACT REVEL
O ROSE ADO
O ROSE ADO
O ROSE ADO
AKIMBO SINE
SET INCLSOR
TREATY SEWS

The man has a passion for them; I suppose they remind anys."

Aluminium, 19 Fishermen, 21 Blusth, 22 Austra. The ATTY Siews!

The man has a passion for the control of the suppose they remind anys."

A Hardly had he spoken when another blue light was hissing in the mater of the printing, with the cap perched rogulishly over one eye. The saccharine smirk validated and the mate sharply, sending the large hissing into the sea. "Aye, eye, sir," said the mate sharply, sending that his cap percent of the sacder and a dark figure capture of the sacder and a dark figure down to the foredeck as a dug-out tance approached the foot of the sacder and a dark figure down to the foredeck as a dug-out tance approached the foot of the sacder and a dark figure down to the foredeck as a dug-out tance approached the foot of the sacder and a dark figure down to be foredeck as a dug-out tance approached the foot of the sacder and a dark figure down to be foredeck as a dug-out tance approached the foot of the sacder and a dark figure down to be foredeck as a dug-out tance approached the foot of the sacder and a capture of the sacder and as the sacder and a capture of the sacder and a



Answers to Quiz in No. 320

1. Ancient chess piece.
2. Sphere is a curved figure; others are not.
3. Sturgeon's roe.

3. Sturgeon's roe.
4. James I.
5. George Robey.
6. Red.
7. Vixen.
8. Adele Astaire.
9. Grenadier Guards (3rd Batt.), The Buffs (East Kent Regiment), Royal Marines, Royal Fusiliers (City of London Regiment), The Honourable Artillery Company.
10. Ministry of Economic Welfare.

Welfare.
11. Four.
12. Richard Gatling.

-While the Colonel is collecting information about Boloney's character-



BEELZEBUB JONES









RELINDA









POPEYE











#2ZABOLY

RUGGLES









GARTH









JUST JAKE









ARGUE

"MODERN" ART.

THAT at this date "modernistic" art should still be dubbed "subversive" shows that the childdish mentality of Dr. Goebbels and his "Bolshevist bogy" is also prevalent elsewhere.

The so-called "modern" artists of to-day are genuine, sincere, creative painters, whose work, however experimental it may seem to the narrow-minded traditionalist, is based on intellect, and contains sound painting qualities of a far more subtle standard than most of the Victorians and Edwardians.

R. O. Dunlop, A.R.A.

WELFARE in the mining industry has mostly been too much the concern of the miners themselves, and too little the concern of the employers. This has meant that there is not in the mining industry that close, friendly relationship between employers and employees which is the natural result when welfare in every aspect is the mutual interest of employers and employees; and when there is no close, friendly relationship there is inevitably a lack of understanding. of understanding.

Major R. A. C. Radeliffe.

THE LAST BIG WAR?

UNLESS this world really is a lunatic asylum, we have seen the last big international war, and historians, looking back, may well come to the conclusion that what did most to hasten this stage of progress was the totalitarian development in warfare by which the utterly false distinction was blurred between the civilians of a belligerent nation and the men who did the fighting in their name.

R. L. Megroz. R. L. Megroz.

MONEY OR SCHOOL-TIE.

In England you can tell a "gentleman" by his accent, his tie and his attitude of rather tired tolerance. The millions (in America) of high-school graduates all have similar accents, so that the Judge and his chauffeur talk very nearly alike. Ties have no significance, and everybody (excepting some of the Southerners) has an energetic manner. You cannot, therefore, know who is a big shot except by observing his possessions. This over-estimation of money (except by many fine teachers, civil servants and scientific workers) is a pity, but it is better, more hopeful, than over-estimation of family or school.

Winifred Williams.

WANTED—NEW HOSPITALS.

HOW can the pain-racked body or mind obtain that essential rest when it is nursed in a city hospital built in the midst of a congested area, where fresh air is at a minimum, sunshine is noticeable by its absence, and the blue sky is scarcely seen? How can the sick individual recuperate when his days and nights are racked by the noise and vibration of the passing traffic, a vibration which is such that in many cases it is affecting ine very stucture of the building? If the solid fabric of the hospital is giving way under the strain, it seems fantastic to expect the sick individual to escape its effects.

Dr. W. A. R. Thomson.

The sick individual to escape its effects.

Dr. W. A. R. Thomson.

PLAN FOR GERMANY (1).

It will be essential, in the years which follow upon Germany's defeat, to "rationalise" her failure. It will be no use seeking to convince her that she has committed a crime, since her own sense of injury will be impervious to such an accusation. But it will be possible to convince her that she made a mistake; not a small error of strategy or diplomacy, but what she would call a fundamental "geo-political" mistake.

Harold Nicolson, M.P.

PLAN FOR GERMANY (2).

MY belief is that the only way to make the Germans realise what fools and criminals they have been ever since their evil genius, Bismarck, began eighty years ago to poison them with the virus of bullying, trickery and oppression, is to leave them alone for a while, to have nothing to do with them, to keep their ships off the sea, their aircraft out of the sky, excepting the sky above them and the waters washing their shores. No nation should trade with them or let them have passport visas to leave Germany. They would soon find out why they were boycotted. They would know why the rest of the world despises and detests them. They would hate their shameful past instead of glorying in it. They would strive their utmost to be received into the society of civilised nations.

Hamilton Fufe. Hamilton Fyfe. civilised nations.

PLAN FOR GERMANY (3).

The attitude of the pacifist can be understood, but not that of the man who says we must prosecute the war with vigour, but afterwards must ensure that the aggressors are not penalised for their crimes. . . Surely the employment of a psychiatrist is the method which was tried from Hitler's advent up to the outbreak of war, and which failed, in default of a police force. "This sick nation" may be a mental case, and may need a psychiatrist, but it also requires a strait-waistcoat.

Clement Gadsby.



This England Green, Sussex, showing the Three Crowns Inn in the foreground, with the village church in the rear.





MAKE IT "SNAPPY" BABY

Beautiful . . . figuratively speaking, too, is Leslie Brooks, Columbia starlet, who is fast making a name for herself.



THANK GOODNESS THEY SIGNED THE PLEDGE

